



# ***The Senior Edition***

***The Shrewsbury Council On Aging Newsletter***

published Monthly for all

Shrewsbury Residents age 60 and over

**December 2004**

**Volume 4, Issue 12**



## ***December 2004 Special Dates:***

**Dec. 2nd:** Flu Shots  
(by appt only: see pg 3)



**Dec. 7th:** *Hannuka begins at sundown*

**Dec. 8th:** COA Board Meeting

**Dec. 15th:** Free Blood Pressure Screening

**Dec. 17th:** Brown Bag Lunch and a Movie

**Dec. 21st:** Holiday Concert at Café, 11am  
Friends of the Shrewsbury Senior  
Center, Inc., 1pm

**Dec: 24th** *Christmas Eve: Offices Close at Noon*

**Dec. 25th:** *Merry Christmas! Offices Closed*

**Dec. 31st:** Newsletter Mailing, regular Office Hours

*And much more...see inside for details and calendar on  
the last page for a complete look!*

*The Town of Shrewsbury's  
Council On Aging mission is to develop  
and support community activities which  
enhance the well-being of residents of the  
town who are age 60 or older*

### **Reminder To 'Snow Birds'...**

For everyone leaving for warmer climates, PLEASE don't let your Senior Edition go to waste. When you go away and put your mail on hold, (or forward your mail) your newsletter does not get held. It is returned to us, which costs money! Take a minute before you leave and kindly let us know when you are leaving and when you will return so that we can stop your newsletter. We will gladly restart it again when you return! You may also access our Newsletter from anywhere via the website!

The COA would like to recognize the State Office of Elder Affairs for allocating a portion of the 2005 Formula Grant to go toward the mailing labels for our Newsletter.



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## Shrewsbury Council on Aging (COA)

Shrewsbury Senior Center  
98 Maple Avenue  
Shrewsbury, MA 01545  
(508) 841-8640

**December 2004**



### COA Staff and General Information:

Office Hours: Monday through Friday:  
8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

### Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,  
John Concordia, Secretary, Al Crommett, Lillian Goodman  
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicki Pellegrino

Transportation Coordinator: Cynthia Willis

Van Drivers: Ralph Anderson, Bob Dumas, Mike Jardarian,  
Mike Mazzola, Dick Londergan, Ed Rezuze and Keith Harlow

Dining Manager: Loretta Conroy 508-841-8757

Volunteer Café Staff: Shirley Golden, Ruth Runvik,  
Helen Nobillett, Barbara Chevrefils, Carmella Iacono,  
Roger Faucher, Elayne Gilbert, Maureen Pulser, T.C. Lee  
Susan Pappas, Betty Viscera, Denise Bachand and Marie Nickles

### Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Berquist

Outreach Coordinator: Walter Rice

Volunteer Coordinator: Elaine Baskin

SHINE Counselors: Mary Hardell, Al Crommett

Friendly Visitor Coordinator: Lorraine Covino

CARES Coordinator: Dave Grillo

CMAA Liaison: Vicki Zwerdling

Volunteer Office Staff: Dorothy Dobson, Loretta Henry,  
Carmella Iacono, , Nancy Kowalczyk, Rena Qualey,  
Lucille McHugh, Katharine Nelson, Rochelle Lockwood,  
Barbara Morrissey, Phyllis Robbio. Susan Pappas and Betty Viscera

Senior Aide: Layah Ruth Lehmann

Veteran's Agent: Richard Perron, 508-841-8386

Office Hrs: Mondays: 8:30am to noon

Thursdays: 8:30am to 3:45pm

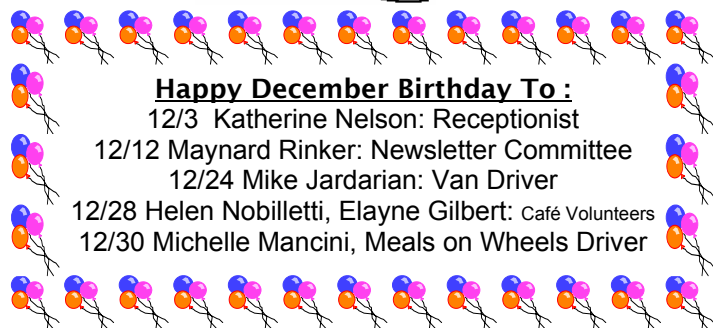
## Letter from the COA Director:

As this letter goes to print, I have just returned to work after spending a week in Russia...more about that next time. I had been told it began snowing there in October, but found the weather over there to be fine, only to come back and have it SNOW! Let's hope we're not in for a long, hard winter. Regardless, we'll still have plenty of things to do at the Senior Center.

There is a lot of news this month and our space is somewhat cramped as we also have several new advertisers who have come on board! We thank them for their support of this publication and hope they will find that being part of the Senior Center will be mutually beneficial to all.

So I will keep this short and wish everyone a very Happy Holiday season! Its hard to believe that next month we begin 2005 already. In the meantime, we are working on the fiscal year budget for 2006 which is due the first week of December. Isn't it scary how quickly time flies? Until next month, keep warm and take care!

Sharon M. Yager



### Happy December Birthday To :

12/3 Katherine Nelson: Receptionist

12/12 Maynard Rinker: Newsletter Committee

12/24 Mike Jardarian: Van Driver

12/28 Helen Nobillett, Elayne Gilbert: Café Volunteers

12/30 Michelle Mancini, Meals on Wheels Driver

### Sympathy

*We all wish to extend our heart-felt sympathy to the family of former volunteer, Walter Condon who passed away since the last printing of the newsletter.*

**Additional Staff Needed:** The COA is looking for a fill-in Van Driver for the COA vans, part-time. If interested, please call 508-841-8642 to get a job Description and more information.

### Your Newsletter Committee Consists Of:

Layah R. Lehmann, Editor,  
Fran Rimkus, Chairman,  
Bob Oetting, Advertising  
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**Dec. 2nd: Shrewsbury Flu Clinic Scheduled!**

The Board of Health will hold its annual **INFLUENZA IMMUNIZATION CLINIC** on **Thursday, December 2, 2004**, from 9:00 A.M. to Noon at the Senior Center.

**Immunizations will be given by appointment only.**

In accordance with the directives of the Massachusetts Department of Public Health Influenza vaccinations will only be given to Shrewsbury residents **who are 75 years of age or older**, as well as:

1. Residents ages 18 to 74 years of age with a chronic medical condition requiring frequent or on-going medical management who have a **written order from their physician**. This includes individuals with chronic disorders of the pulmonary or cardiovascular system, and those with chronic metabolic disease, renal dysfunction, and immunosuppression. (This does not include adults with diabetes who require only diet and exercise for control, adults with controlled hypertension, arthritis, or any other diagnosis which does not increase the risk of complications from influenza.)
2. Pregnant residents
3. Residents age 50 and older who work in the Health Care field and provide direct patient care. Those workers younger than 50 who provide direct patient care to severely immunocompromised patients in protected environments will also be eligible.
4. Residents of long term care and assisted living facilities.

Individuals who have chronic illness will be required to have a doctor's note stating one of the above conditions and ordering a flu vaccination for his/her patient. Pregnant women will also be required to have a written statement from their physician. Health care workers will be required to have a written statement from their employer. No one will receive a shot without proof of age (75 or over) or a written order from a physician or health care employer.

**Vaccinations will be given by appointment only. To make an appointment for the clinic please call the Health Department at 508-841-8512. No walk-in appointments will be accepted before or during the clinic.**

**Remember to bring the note from your physician, your identification, and your Medicare or Insurance card.**

**December 21st, 11am Holiday Concert at Café**

The Village Café at the Meal Site is having a special holiday lunch and concert. Falcetti's music will be providing a free organ concert. Sing a long to your favorite holiday tunes. The special Meal is \$2. Call 508-841-8757 to reserve your lunch by 12/20th.

**December 17th 11:30am Lunch/Movie**

Join us for this month's feature sponsored by Westboro Bank. Come see the holiday comedy "Elf", directed by Jon Favreau, starring Will Ferrell (formerly of Saturday Night Live) and James Caan, Mary Steenburgen and Bob Newhart. Ferrell stars as Buddy, a regular-sized man who was raised as an elf by Santa Claus (Edward Asner). When the news is finally broken to Buddy that he's not a real elf, he decides to head back to his place of birth, New York City, in search of his biological family. Rated PG. Bring your own lunch, or buy a soup/salad/sandwich lunch for \$2 at the Meal Site. **Please call** the COA by the morning of December 15th to reserve your seat and/or your lunch.

**Outreach News: Fuel Assistance Update**

Brochures are available at the Senior Center on the **NSTAR's** program for those who use gas for fuel. If you have questions about the program, simply call 1-800-566-2080 or visit the website at [www.nstaronline.com](http://www.nstaronline.com).

Income guidelines for **Fuel Assistance** this year are \$18,620 for a single person and \$24,980 for a couple. However, even if you are over income, you may still be eligible for Citizen's Energy or other programs. Call Outreach Coordinator Walter Rice at the number below to learn more.

**Need Help with Seasonal Maintenance?** Temple B'Nai Shalom is again offering help to those who have no family to assist. Please call Walter to learn more.

**Project Alarm** Project Alarm continues for those who need it. It's not too late to call and have your batteries and smoke detectors checked. Call the Senior Center if you would like to take part in this important program.

**Home Foot Care and Hairdressing Available:** Henry Souda e-mailed the COA with two resources he has found that may help many homebound folks. Terry, a RN and CMT, has a mobile massage and spa service and is available for **toenail care**. Henry highly recommends her to anyone who needs help. Her toll free number is: 1-866-935-0195 or 508-949-7460. She can ALSO be reached by e-mail at [terrigrace@juno.com](mailto:terrigrace@juno.com). He has also found a hairstylist Mary Salo, who will do home visits at reasonable prices. She can be reached at 508-755-8804 or 508-826-2206 (cell). Henry added that she has a lovely voice and even will sing a duet with you!

**Do you need help clearing your walkway?** Walter is trying to put a list together of people who both need assistance clearing their walk-ways from snow this winter as well as people who are willing to do such work at a reasonable price. Please call him with your information.



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**CARES November Column:**  
Some Thoughts On Holiday Giving  
**By Dave Grillo, CARES Coordinator**

(Consumer Awareness and Resources for Elders in Shrewsbury)

This month I will update information from last year's Holiday column. How much do you know about the charities you donate to? Are they local organizations whose works you can easily observe and, maybe, even directly participate in? Or are they more obscure, brought to your attention by a convincing marketing campaign? You may have received a mailing, a phone call, or a stranger at your front door. Your TV, radio or computer screen may have presented an appeal. They all seem so legitimate; many are, many aren't, and then there are the scams. You give in good faith with the intention that someone in need will directly benefit. Any good done by your individual donation can't usually be traced, but watchdog groups exist to monitor those seeking your charitable dollars.

The American Institute of Philanthropy (3450 N. Lake Shore Drive, Suite 2802, P.O. Box 578460, Chicago, IL 60657; [www.charitywatch.org](http://www.charitywatch.org)) publishes *Charity Rating Guide and Watchdog Report*, a quarterly spotlight on questionable practices along with a comprehensive guide that rates most major charities using several strict criteria. For example, it will help you choose between Breast Cancer Research Fund and Cancer Fund of America if you are inclined to give to either. Similar watchdog oversight comes from the Better Business Bureau Wise Giving Alliance (4200 Wilson Boulevard, Suite 800, Arlington, VA 22203; 1-703-276-0100; [www.give.org](http://www.give.org)) which publishes the *BBB Wise Giving Guide* on a quarterly basis. The "give.org" website is highly recommended in *Consumer Reports* December 2004 magazine. You also might want to check out the websites [www.guidestar.org](http://www.guidestar.org) and [www.charitynavigator.org](http://www.charitynavigator.org) for reviews and ratings. The Worcester office of the Better Business Bureau (508-755-2548; [www.worcester.bbb.org](http://www.worcester.bbb.org)) has information on many local charities. Call the Office of the Attorney General in Worcester (508-792-7600) or Boston (617-727-2200) to determine if a charity or nonprofit is registered to solicit donations in Massachusetts.

The Shrewsbury Police and Fire Departments cannot ask you for nor accept your donations. However, their unions can and do, usually to help in their sponsorship of a charitable event. Your donations benefit the unions and the charities they promote; they do not directly benefit the police and fire departments. Be wary of agreeing to leave a donation in an envelope on your door; rather, get a legitimate address. My best wishes to you all for a healthy and happy holiday season!

*Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you*

## KALTSAS KORNER

### NOT JUST FOR THE RICH

With disturbing frequency, seniors in our society hold the opinion that estate planning is only for the rich. I strongly believe that all adults should have at least a basic estate plan. It is important that those who are not wealthy understand that they benefit greatly from having a basic estate plan. Someone who is less "well off" might hold the opinion that they do not need an estate plan. However, of vital importance to them is the concept of substitute decision-making. The level of their assets is of secondary concern. Let me explain by example.

All too often, I receive a call from a senior's spouse or child. I am told that their spouse, mother or father is ill and in a hospital or long-term care facility. They proceed to tell me that they have been informed (usually by the medical provider) that they can only make decisions on behalf of their loved one with appropriate legal authority. They then proceed to tell me that there is no Durable Power of Attorney or Health Care Proxy in place. Upon further inquiry, I find out that the patient will not comprehend what they are signing and that they lack the legal capacity to execute legal documents. The only alternative left is to seek the appointment of a guardian from the appropriate probate court. However, any involvement by a probate court causes delay and is aggravating and expensive.

By executing legal documents that appoint a substitute decision maker for you, you avoid the delay, aggravation and expense of involving the probate court. A basic estate plan is far cheaper than the expense of seeking court appointment as guardian. And in the event that protective proceedings become necessary, it is customary that your Durable Power of Attorney indicates who you desire to act as guardian.

A basic estate plan is primarily comprised of three documents: 1) Durable Power of Attorney, 2) Health Care Proxy, and; 3) Simple Will. These documents provide the legal authority for your loved one to make decisions for you (in the event you are unable to communicate those decisions) and a legal declaration of your intentions of what to do with your assets after your death. I know that thinking of one's own mortality is a difficult thing to do and something that is frequently not done. However, by implementing a basic estate plan now, you can save the exorbitant cost of dealing with your future later and save your loved ones the aggravating experience of dealing with the probate court.

*Attorney Nicholas G. Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts.*

*This article gives general information and not specific legal advice on individual matters.*

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**Holy Cross Art Exhibit: "Materials Being"**

The unique sculptures of Garth Evans is now showing at the *Iris and B. Gerald Cantor Art Gallery*, on the 1st floor, O'Kane Hall at the College of the Holy Cross. The exhibit will be on display until January 2005. Evans is currently Head of Sculpture at the New York Studio of Drawing, Painting and Sculpture. His many awards include a 1986 Guggenheim Fellowship. For more information please call Holy Cross at 508-793-2419.

**SILVER SCREEN CLASSIC MOVIES: December 6th:**

Showcase Cinemas North offers admission of \$1.00, with complimentary popcorn, soda and coffee. This month's classic to be shown is *Pennies from Heaven* (1936). The movie starts at 1:00 but it's a good idea to come early! Call Showcase at (508) 852-2944 with questions.

**Worcester Art Museum:**

Discover the extraordinary history of human creativity at the WAM! Come view the exhibits currently showing: *Modern Japanese Prints from the Permanent Collection*, until January 23th, 2005; the *Jim Hodges, "Don't be afraid"* until March 2005 and *Photography at the Worcester Art Museum: Keeping Shadows* until January 2nd, 2005. The Worcester Art Museum charges \$6 for seniors over age 65 and offers a Museum Shop, Café, Tours and Classes. For more information, contact the Worcester Art Museum at 508-799-4406 or visit their website at [www.worcesterart.org](http://www.worcesterart.org).

**Interested in College Courses?  
It's Senior Registration time again!**

Worcester State College offers free tuition to seniors 60 and older and waives fees as well! This is a wonderful benefit to the seniors in our community. Many seniors have also participated in intergenerational volunteer service programs coordinated by the International Urban Institute (IUI). The IUI channels the combined talents of college students of all ages to meet the challenges that face our urban environment by providing opportunities for volunteer service in the community.

In 2004, the IUI celebrates its 10th Anniversary year. We continue to offer and expand volunteer service activities for both senior and traditional students. This fall the IUI will continue the Immigrant Tutoring and K-3 Reading Partners programs and expand the "Hunger-free Worcester County" initiative.

**Registration is in December for January. For additional information, please call the IUI office directly at Worcester State College at 508-929-8900.**

**Pedometer Reminder**

We still have many pedometers left, if you ordered one, why not come get it now? You are bound to get lots of steps in with the busy-ness of the holidays. The cost is \$8, and we ordered extras in the event you were not able to place an initial order. Come by and get this simple and handy fitness tool! Also makes a great stocking stuffer or Hanukkah gift!

**News From the Shrewsbury Library****Toys for Tots**

The Young Adults Advisory Board joins the United States Marine Corps in their *Toys for Tots* program this year. We will have a collection box at the Library starting November 1st to collect new, unwrapped toys for children in need in the Worcester area. Monetary gifts will also be accepted. For more information visit [www.toysfortots.org](http://www.toysfortots.org).

**Library Book Group Dates:****Pageturners Mystery Book Group: A Grave Talent**

By Laurie R. King: December 2nd, 10:30am

**The Eclectic Browsers Book Group: A Christmas Carol**

by Charles Dickens: December 16th 10:30

**Computer Classes**

Registration is necessary for all classes and may be done at the front desk or by calling 508-842-0081 ext. 3 for more information.

**Watercolor Note Cards**

The Friends of the Shrewsbury Library are selling note cards of original art work. Town resident, Aili Paal Singer has donated cards of her watercolors to the Friends. Singer is an award-winning storyteller and artist. Samples are available at the Circulation Desk.

**Parks and Recreation Registration**

Don't stay cooped up inside this winter. Get out and have some fun through Parks and Recreation. Winter registration for Parks and Recreation for seniors starts on December 1st at the Town Hall. If you have any questions please call Parks at 508-841-8503.



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**Shrewsbury Friends  
Men's Group**



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### Men's Friends News

Jordan Levy, Mass Turnpike Authority, spoke on the "silly season" of politics and touched on why Mass DPW should not take over for the Mass Turnpike Authority. Tom Josie, Shrewsbury Municipal Light and Cable Dept., highlighted the complexity of purchasing electrical power and rules and regulations of providing cable TV. Michael Perna showed slides and discussed the White City area in its prime. Ken Swift represented Veteran's Affairs and spoke on his recent trip to South Korea. Please note there is no meeting for on December 2nd due to the Flu Clinic.

### Attention Skiers: Mt. Wachusett Discount Season Passes

Winter is coming and Mt. Wachusett offers discounts through group plans. Harry Pierce has formed a group for the last 21 years and invites everyone to join the fun weekdays on the mountain. Applications are available through Harry. Call him at (508) 845-9692 to learn more.



### Looking for a Great Holiday Gift?

The Busy Hands invite you to drop by the Senior Center and view their wide variety of hand-knitted goods. All items are reasonably priced. The Busy Hands group meets weekly on Friday afternoons at the Senior Center knitting their beautiful items: hats, mittens, sweaters, etc. It's a great way to keep loved ones warm for the coming winter months!



### Musical Events for the Holidays:

**Westboro High School** is putting on an event with the Commonwealth Ballet Company on Dec. 4th and 5th. Limited free tickets are available. Call Kathy Lyman at 978-263-2747.

**Shrewsbury Crossings** has a list of exciting Holiday Events planned. Call Holly for more information at 508-845-2100.

### Scrabble Anyone?

Interest has been expressed in starting a weekly game of Scrabble. Please call the Senior Center if you would like to take part. Games will likely start after the 1st of the year.

### December 21st:

#### Friends of the Shrewsbury Senior Center, Inc.

The Friends of the Shrewsbury Senior Center, Inc. cordially invite everyone, members and non members, to a Holiday Gathering Tuesday, Dec. 21, 2004 at 12:30 pm at the Senior Center. Please join us as the Shrewsbury High Acapella Chorus brings holiday cheer with their melodious sounds of festive music. Join us for refreshments, fun and fellowship. Be sure to bring your friends. We look forward to having you join us!

Just fill out the Friends membership application below along with \$5 and give to any Friends member or leave at the desk at the Senior Center.

— MEMBERSHIP APPLICATION —

*Friends of the Shrewsbury Senior Center, Inc.*  
**Enclosed is my \$5.00 membership dues.**

Name \_\_\_\_\_

Address \_\_\_\_\_

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Telephone \_\_\_\_\_

Make checks payable to:  
**Friends of the Shrewsbury Senior Center, Inc.**  
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### Travel **Anna & Bernie Keiser: 508-753-1387**

December 8th: Rockettes Christmas Show

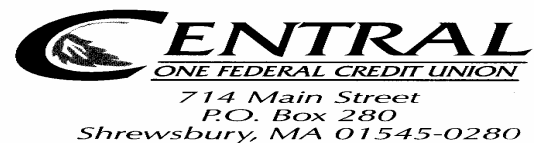
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December 10th : Christmas in Connecticut

December 14th: The Rockettes at the Wang Center:

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**December SHINE Update**by **Ellin Hassett, Regional SHINE Director**

Blue Cross and Blue Shield will have a special Open Enrollment for their Medigap plans from November 1, 2004 through December 31, 2004. This is an opportunity for anyone that is waiting to get onto a Medex plan to do so. The effective date will be January 1, 2005. If a member waits until the traditional Open Enrollment that is held from February 1 through March 31, their coverage will not begin until June 1, 2005.

The Medicare Advantage Plans (Blue Care 65, Fallon Senior Plan, Harvard Pilgrim First Seniority, and Tufts Secure Horizons) have announced their new rates and benefits that will be effective January 1, 2005. The SHINE Program has an updated comparison sheet of all plans available to anyone interested.

Please contact a SHINE Counselor if you would like to know more about any of this information. We can be reached through your local Senior Center or by calling 1(800)AGE INFO, 1(800) 243-4636, option #2.

**SHINE** counselors can help you understand your prescription benefits and assist you with reimbursement requests.

**SHINE** (Serving the Health Information Needs of Elders) is a free service available to Medicare beneficiaries of all ages. To reach the SHINE Program call 1 (800) 243-4636 option #2, 800AGEINFO.

*The SHINE Program provides free, confidential and unbiased health insurance counseling for Medicare beneficiaries and their caregivers.*

**Alzheimer's Family & Caregiver Support Group**

Get the support and education you need, as well as a chance to share your feelings, ideas and concerns. Meetings are held monthly the first Tuesday of the month from 7-8:30pm at Whitney Place in Westboro. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be held on December 7th, January's will be held on January 4, 2005.

**Need to Cope With Holiday Stress?****December 8th, Millbury Health Care Center**

A free breakfast seminar with licensed social worker William H. Johnson will be offered to discuss the unique personal challenges that are paces during the Holiday season. Suggestions for stress and time management are proposed. An examination of the emotional impact of the Holiday season on caregiver will be conducted. To RSVP, call 508-793-0088, ext. 223.

**Good Food = Good Health: SERVE**

Sign up on-line at [www.servenewengland.org](http://www.servenewengland.org) or in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. There are many specials this month! The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is Dec. 2nd for distribution on Dec. 18th.

**Volunteer Opportunities:**

Volunteers are always needed at the Shrewsbury Senior Center. Anyone with office experience is welcomed at our receptionists desk where willing volunteers answer phones, provide information about the center and its programs, and help with various tasks. Other volunteers help with meals on wheels or serving our guests in our dining room. Rather than list all the ways you can help, why not come in and talk? Tell me what you like to do. Make your own hours. Receive our thanks and appreciation.

**House Cleaning Service Volunteers Needed:**

We have become aware of a need to help clean houses or apartments before, during, and after seniors who move. Volunteers who are willing to join this new endeavor will be providing a service to help during the stressful moving time. Details are incomplete, but we know of the need. Please let us know if you are willing to help.

**New Liaison Needed:** A replacement is desperately needed to act as a liaison for the Council on Aging board and the Shrewsbury Partnership for Children Board.

**The CASA Project** (Court Appointed Special Advocates) needs volunteers, to serve as the eyes and ears of the Worcester County Courts for abused and/or neglected children. For more information call 508-757-9877 or [www.thecasaproject.org](http://www.thecasaproject.org)

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please contact Elaine Baskin, Volunteer Coordinator, at the Senior Center:

508-841-8758 or email: [ebaskin@th.ci.shrewsbury.ma.us](mailto:ebaskin@th.ci.shrewsbury.ma.us).

**Fallon Representative Available:**

A representative from the Fallon Senior Plan is available on several dates during December at convenient locations. Call 1-888-377-1980 for more information.



**Dean Park Pizza**  
745 Main Street  
**508-842-2525**

Offering a 15% Senior Dine-in  
Discount on Mon & Wed.

Breakfast: Sat & Sun:  
7am-noon

**Try our fresh seafood!**

*Many menu choices!*

**Victor R. Quaranta**  
**American Legion Post 397**  
**Do You Have An Old Flag?**



*The Post will  
Ceremoniously and  
properly dispose of  
your American Flag*

**Drop Off Box  
At Senior Center**



**Shrewsbury Rotary Club**  
**"Service Above Self"**  
**Dr. Lauren Hamm**  
**President**  
**2004-2005**

**Britton Funeral Homes, Inc**

**Britton Funeral Home**  
648 Main St. Shrewsbury  
(508) 845-6226

**Britton Wallace Funeral Home**  
91 Central St. Auburn  
(508) 832-4420



# Happy Holidays!

## December 2004 Calendar

**Please Note:** Ending dates for Fall programs. PARKS/ REC activities are indicated with an (\*). To find about other adult programs being offered, please call the Parks Department at 508-841-8503, for information on registration dates.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>PLEASE NOTE:</b> All special monthly activities, meetings and screenings <i>appear in italics</i> on the Calendar.  <b>Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.</b> <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>				
<b>6</b> 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge  <i>Cheese Lasagna</i>	<b>7 Trip: Auburn Mall</b> 10-12 :00: Independent Artists Noon: Painting with Elaine 3:15: Tai Chi*, 4:00: Tai Chi*  <i>Chicken Cantonese</i>	<b>1</b> 11:00: Yoga 12:30: Bridge 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates  <i>Beef Stroganoff</i>	<b>2</b> <i>Flu Shot: see pg. 3</i> (Men's Group cancelled) 9:00: Acrylic Painting * <u>last day</u> 10:45: Water Color* <u>last day</u> 1:00: Pitch	<b>3</b> 9:30: Writer's Workshop 10:00: Cribbage 1- 3:00: Busy Hands  <i>Shepard's Pie</i>
<b>13</b> 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge  <i>Scalloped Chicken</i>	<b>14 Trip: Walgreens, Northboro</b> 10:00: <i>Spinal Screening</i> 10:00: Independent Artists Noon: Painting with Elaine 10:00: Senior Line Dance* <u>last day</u> 1:00: <i>Hearing Screening</i> 3:15 Tai Chi* <u>last day</u> 4:00: Tai Chi* <u>last day</u> <i>Seafood Newburg</i>	<b>15</b> 11:00: Yoga 11:00: <i>Blood Pressure Screening</i> 12:30: Bridge/1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates  <i>Meatloaf and Gravy</i>	<b>16</b> 9:00: Men's Group 1:00: Pitch 1-3:00: <i>Free Legal Clinic with Nick Kaltsas</i>  <i>Turkey Divan</i>	<b>17</b> 9-10:30: <i>Rep. Polito Office Hours</i> 9:30: Writer's Workshop 10:00: Cribbage 11:30: <i>Lunch and Movie</i> 1- 3:00: Busy Hands <i>Macaroni &amp; Cheese</i>
<b>20</b> 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge  <i>Chicken w. Supreme Sauce</i>	<b>21 Trip: Solomon Pond Mall</b> 10:00: Independent Artists Noon: Painting with Elaine 1:00: <i>Friends of the Shrewsbury Senior Center, Inc. Special Christmas Meal</i> <i>Roast Pork &amp; Gravy</i>	<b>22</b> 11:00: Yoga 12:30: <i>Bridge</i> 1-2:00: Pilates 1-3:00: <i>Whist</i> 2:15-3:15: Chair Pilates <i>Vegetable Cheese Bake</i>	<b>23</b> 9:00: Men's Group 1:00: Pitch  <i>Chicken Peppers</i>	<b>24</b> <i>Christmas Eve</i>  Center Closes at Noon <i>No meal served</i>
<b>27</b> 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bidge  <i>Fish Victor</i>	<b>28 Trip:</b> <i>Millbury Plaza Rt. 146</i> 10:00: Independent Artists Noon: Painting with Elaine  <i>Spaghetti &amp; Meatballs</i>	<b>29</b> 11:00: Yoga 12:30: Bridge 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates  <i>Chicken and Gravy</i>	<b>30</b> 9:00: Men's Group 1:00: <i>Pitch</i>  <i>Hearty Beef Stew</i>	<b>31</b> 9:00: Newsletter Mailing <i>New Year's Eve</i> 9:30: Writer's Workshop 10:00: Cribbage 1-3:00pm: Busy Hands <i>No meal served</i>